

HIT THE MARK...

WITH THESE HEALTHY INFORMATION TOPICS
FROM IOWA HEALTH HOME CARE!

Join Us for Healthy Information Topics (HITs)!

Iowa Health Home Care will be hosting healthy information sessions at our Clive Home Care Center beginning in March. If you are living with an illness or disability, or are a caregiver of someone who is, these sessions are for you!

Healthy Living Topics will include:

March 19	Safety in the Home and Aides to Daily Living
April 16	Nutrition
May 21	Leg Health and Compression Therapy
June 18	Health Check up- Blood pressures and other screenings
July 16	Mobility Products- Scooters and Power Chairs
August 20	Diabetes and Foot Health
September 17	CPAP-BIPAP Clinic
October 15	Breast Cancer and Women's Health

Sessions are held the third Thursday of every month and begin at 1:00 p.m.

Light refreshments will be provided. No reservations are required.
Please join us and endorse a healthy lifestyle in 2009!

**For information regarding these topics or our Clive Home Care Center,
please call Eryn Wolf at (515) 225-6893.**

Iowa Health Home Care Center is located at 12695 University Avenue in Clive.

